

Keep Brunswick County Beautiful / Brunswick County Recycling



# KBCB NEWSLETTER

## Solid Waste Tour

Keep Brunswick County Beautiful and Brunswick County Solid Waste/Recycling is sponsoring a solid waste bus tour. The bus trip is planned for February 9, 2011 at 2 pm. The bus trip will take participants on a tour through the County Landfill, a County Convenience Site and to some of the illegal dump sites that have been identified in Brunswick County. The tour is intended to raise awareness of the litter issues that faces Brunswick County. We are also using this opportunity to show residents what takes place at the County Landfill.

If you are interested in going on the tour please contact the Brunswick County Solid Waste/Recycling Department by phone at 910-465-3969. Space is limited and you must pre-register. I'm only accepting reservations by phone (no emails). When you arrive on the day of the tour you will be asked to sign a waiver of liability. We also ask that you dress appropriately. Warm clothing and

comfortable, closed toed shoes are a must. Registration deadline is February 7th.



## 2011—A New Year Set A New Goal

Here we are again at the start of a new year. It is always a bit exciting thinking about what the upcoming year might produce. Traditionally it is the time we proclaim a New Year's Resolution and if you are anything like me, by this time of the month, you have broken it. My new yoga routine lasted about 11 days and the diet has barely gotten off the ground. I don't beat myself up about it anymore. I just tell myself that I will keep trying to do better. There is one thing that I started several years ago that I have been successful with. I try to think of one thing that I can do to reduce my environmental footprint. This can be anything from recycling to home repairs that will reduce energy use.

Several years ago I decided that I would stop using the plastic shopping bags. I know this sounds like such a small task. However, I am still working on it. I have reduced my bag usage tremendously but occasionally I do still find myself in a store without a reusable bag. I must say that when this happens I feel terrible walking out of the store with the plastic bag. In many instances I have asked the clerk "please don't bag this, I will just carry it out." Sometimes they look at me kind of strange and every once and a while I will offer an explanation. The point is it is a lifestyle change that I am continually working on. This change will have an effect on the environment

and it's something I feel good about. Last year I stopped using household cleaners that contain harmful agents. I replaced my favorite cleaning items with earth friendly purchases. This included looking at their packaging and choosing the one that has the least environmental impact. It took some time and a lot of trial and error but in the end it was something that I am proud of. This year, since I live in a very bike friendly area, I've vowed to buy a bike and use it for local trips rather than taking my car each and every time. This should be interesting and fairly entertaining since I don't know how to ride a bike and my last experience on one was not successful. Maybe I'll record the process and sell DVD's. It would make a good comedy and I could use the extra cash to pay for the medical bills and bike repairs.

So in closing, I ask each of my readers to look at your lifestyle and the effect it has on the environment. Decide on something that you can do to reduce your footprint. Just pick one lifestyle change. Work on this change throughout the 2011 year and at the end of this year look back at the progress you have made. It may not be perfect and you may need to continue working on it but you will feel good about your progress and you will be excited about picking out your next lifestyle change.



*Check out this website. It is a great way to look at your environmental footprint and find ways to improve.*  
[www.lowimpactliving.com](http://www.lowimpactliving.com)

## Great Sites

When you start thinking about greening your lifestyle sometimes it gets a little scary and confusing. You always run into questions and concerns. You don't know if your making the right choices, if these changes actually make a difference or if there is an easier way. Over the years I've come across a lot of websites that I continuously refer to for help because I don't know all the answers and never will. I thought I would pass along some of my favorites. Several of these sites have e-newsletters that you can sign up to receive. I've found some of the most interesting information through these newsletters and websites. I hope you will have time to visit some of these sites and find them as helpful and entertaining as I have.

- [www.earth911.com](http://www.earth911.com)
- [www.ecofreak.com](http://www.ecofreak.com)
- [www.ncfisheries.net/shellfishrecycle](http://www.ncfisheries.net/shellfishrecycle)
- [www.use-less-stuff.com](http://www.use-less-stuff.com)
- [www.freecycle.org](http://www.freecycle.org)
- [www.ecoworld.com](http://www.ecoworld.com)
- [www.journeytoforever.org/compost\\_make.html](http://www.journeytoforever.org/compost_make.html)
- [www.ecomall.com/biz/recycle](http://www.ecomall.com/biz/recycle)
- [www.recyclenow.com](http://www.recyclenow.com)
- [www.recycleroom.org](http://www.recycleroom.org)
- [www.world.org](http://www.world.org)

## Cool Craft

When the cold weather moves in we all tend to spend more time inside. It's a perfect time to go through stuff and start purging items that you no longer use. I recently came across this great idea on how to make a purse from an old hardback book. I found this on the Earth911 website along with several other ideas for old books. If you go to [www.earth911.com](http://www.earth911.com) and follow their link to County Living it will give you the details on how to make this nifty bag.



This is just one example of reusing an item that you would normally toss out. Remember there are three steps to waste reduction (not counting compost) . . . Reduce, Reuse, Recycle and they should be practiced in that order. Whenever possible reduce your waste by pre-cycling. Look for items with less packaging, buy in bulk and take your own bags to the store. These are just a few ways to reduce your waste stream. The above craft is a prime example of reuse and there are countless other ways to reuse items such as making throw pillows out of old sweaters, and using coffee cans for storage. The reuse list goes on and on. And of course the most familiar way to reduce your waste stream is to recycle. Practice the 3R's and watch your waste stream dwindle down to practically nothing.

## Winter . . . A Great Time To Start A Compost Bin

We're right in the middle of the winter season. This is when I start getting spring fever and it doesn't go away until spring actually arrives. Over the years I have found some things to do that remind me that spring is coming. One thing that is always fun is to pick out seeds and plant them. I keep them in the windowsill until I can start moving them outside during the day. This is done in small doses until the plants harden up. Another thing that's good to do in the winter is start a compost bin. I know this sounds like an unlikely time to begin a project like this but just think how happy your plants will be when you use the compost to transplant them outside.

Winter composting can be a little trickier than other times of the year. Some things to keep in mind are insulating your bin, having an alternative heat source, and of course make sure you're adding fresh material. I like to add stuff that I know will break down quickly such as coffee grounds (no need to separate the filter). Egg shells are another great source. In the Southeast we don't have as much trouble with heat as our Northern friends do but it is a good idea to have a heating source for these unusually cold nights that we've had.

For details on winter composting and composting in general the website

[www.compostguy.com](http://www.compostguy.com)

is very helpful. Give composting a try this year. Your plants will love you for it.

